

TOSS *the* TOXINS™

Workbook



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Your Toss the Toxins Journey Starts Here!

Before you start to Toss the Toxins, take note of how you are currently feeling and any symptoms (big or small) you are experiencing. Take time to sit with your thoughts and answer the questions below.

Describe your overall well-being currently.

What excites you the most about taking this leap to Toss the Toxins?

Envisioning the path ahead, what do you anticipate to be the most challenging part of Tossing the Toxins, and why?

Are there specific areas of your health—whether mental, physical, or emotional—that you are looking to improve throughout this process?

Why Toss The Toxins?

We are so excited for you to create a healthy home and experience the power of pure!

What are the top reasons you want to Toss the Toxins?

What benefits are you hoping to see and feel from removing toxic products?

Common Barriers

Don't let these common barriers prevent you from gaining the freedom Tossing the Toxins can give. Follow the prompts below and reference back when you are feeling these barriers arise or you start to feel overwhelmed!

Write down what common barrier mentioned resonates most with you. How will you overcome this barrier?

Do you foresee complications with those around you during this process? Can you think of someone to team up with for support and accountability?

Storing Toxic Products

Write down a list of safe places you can store your toxic products after gathering:

1. _____

2. _____

3. _____

4. _____

Vetting Ingredients on Labels

“Non-toxic” or “Organic” on a label is not enough to determine if a product is safe or not. Learning how to vet ingredients is an important and empowering tool when deciding which products to keep inside your home.

What are some ingredients you already avoided before watching this video?

What were some red flags that surprised you?

A NOTE FROM OUR FOUNDERS

“Remember, to save time when vetting an ingredient list on EWG Skin Deep, start with the last ingredient on a label. Once you find an ingredient rated 3 or more, look no more and toss that product for optimal benefits!”

Removing Toxic Pesticides

If you keep pesticides in your home or garage, this first category of removal will make such a difference. You will be taking a proactive step to guard your family's health!

Use the checklists below to identify and remove pesticides from indoor spaces.

Where to Toss The Toxins

CABINETS	BATHROOMS	CLOSETS	ATTICS	ATTACHED GARAGES
UNDER SINKS	LAUNDRY ROOM	PANTRY	CRAWL SPACES	

Products to Gather

ROACH SPRAYS	FLEA AND TICK TREATMENTS
HERBICIDES	FLEA BOMBS
WEED KILLERS	TERMITE TREATMENTS
WASP, FLYING INSECT KILLERS	LICE TREATMENTS AND SHAMPOOS
PERSONAL INSECT REPELLENTS	MOLD AND FUNGUS KILLERS
ANT KILLERS	MILDEWCIDES
BED BUGS TREATMENTS	RODENT POISONS
PESTICIDE FOGGERS	MOTH BALLS
DISINFECTANTS	COMMERCIAL FERTILIZERS

Disposal: Safely dispose of the pesticides at a hazardous waste site. Type your zip code into Earth911.com to find one in your area.

Tips to Keep Pesticides Out of Your Life

- ✓ EAT ORGANIC WHENEVER POSSIBLE
- ✓ CLEAN AND RINSE ALL PRODUCE
- ✓ STOP TOXIC EXTERMINATION OF YOUR HOME AND SWITCH TO NON-TOXIC METHODS
- ✓ DO NOT CHEMICALLY TREAT YOUR LAWN
- ✓ DO NOT USE TOXIC INSECT REPELLENTS
- ✓ AVOID TICK AND FLEA COLLARS
- ✓ STAY INFORMED!

A NOTE FROM OUR FOUNDERS

"Since pesticides are the most dangerous products we store and use in our home, getting rid of them is an exciting opportunity and is so beneficial for everyone, including pets!"

Removing Toxic Cleaning Products

Removing toxic cleaning products from your home, not just adding safer ones, is one of the easiest things you can do to improve your home's air quality and your family's overall health.

Use the checklists below to find, identify and remove toxic cleaning products from your home.

Where to Toss The Toxins

UNDER SINKS	CABINETS IN KITCHEN	PANTRY	CLOSETS
DRAWERS	CABINETS IN BATHROOM	BATHROOM CLOSET	GARAGE

Products to Gather

BLEACH	WINDOW CLEANERS
SANITIZERS, DISINFECTANTS, AND ANTIBACTERIAL PRODUCTS - That contain EPA registered pesticides *	FURNITURE POLISH
OVEN CLEANERS	SILVER POLISH
ALL-PURPOSE CLEANERS	DEGREASERS
BATHROOM CLEANERS	DISH SOAP
TOILET BOWL CLEANERS	DISHWASHER LIQUID AND POWDER

**Disinfections and sanitizers that are not simplify alcohol, hydrogen peroxide or an essential oil will contain EPA registered pesticides*

Use the list below to determine if a product is toxic. If a product contains any of these callouts, remove it immediately.

Toxic Red Flags

✗ CONTAINS NO INGREDIENT LIST	✗ "CORROSIVE"	✗ SANITIZER
✗ "WARNING"	✗ "FRAGRANCE" OR "PARFUM"	✗ INGREDIENTS ENDING IN THIAZOLINONE
✗ "DANGER"	✗ DISINFECTANT	

For products that pass this evaluation, set aside and vet all the ingredients in the product. Simply go to [EWG Skin Deep's website](#) and search by ingredient. The ingredients are rated 1-10 with 1 being the safest to 10 being the most toxic. Look no more once you come to an ingredient with a rating of 3 or more. Products kept in the home should have all ingredients rated a 1 or 2.

Note: People trying to heal inflammatory conditions or chronic illness should also avoid products used on the skin with the following ingredients even though they are rated a 1 or 2 on EWG Skin Deep; citric acid, sodium benzoate, potassium sorbate and phenoxyethanol.

Disposal: Read the label for proper disposal instructions and plug in your zip code to [Earth911.com](#) for a hazardous waste site near you.

NOTE FROM OUR FOUNDERS

"We strongly encourage removing essential oil-based cleaners for at least six weeks to determine how you feel when reintroducing them after going completely fragrance-free. Remember the cleaning aisle at the grocery store and how you can smell it even though bottles are sealed, so storing out of the home is key!"

Removing Toxic Laundry Products

This step can be extremely liberating if you have been using laundry products with harmful chemicals! They are very toxic and impact the air quality of the entire home, undermine our health 24/7, pollute our washers and dryers, and even the dryer exhaust pollutes the outdoor air.

Use the checklists below to identify and remove toxic laundry products.

Where to Toss The Toxins

LAUNDRY ROOM	DRAWERS	MUD ROOMS	LINEN CLOSET
BATHROOMS	CABINETS	GARAGE	

Products to Gather

DETERGENT	DRYER SHEETS	OPTICAL BRIGHTENERS	GEL PODS	BLEACH
FABRIC SOFTENER	SCENT BOOSTERS	LAUNDRY SANITIZER	FABRIC SPRAYS	

Common Laundry Ingredients And Call-outs to Avoid

- | | |
|-------------------|---|
| ✗ ALPHA TERPINEOL | ✗ LIMONENE |
| ✗ BENZYL ACETATE | ✗ LINALOOL |
| ✗ BENZYL ALCOHOL | ✗ PENTANE |
| ✗ CAMPHOR | ✗ BIODEGRADABLE CATIONIC SOFTENERS |
| ✗ CHLOROFORM | ✗ "WARNING", "CAUTION", "DANGER" |
| ✗ DICHLOROBENZENE | ✗ "FRAGRANCE", "PARFUM", "SYNTHETIC FRAGRANCE" OR "NATURAL FRAGRANCE" LISTED AS AN INGREDIENT * |
| ✗ ETHANOL | |
| ✗ ETHYL ACETATE | ✗ PRECAUTIONARY STATEMENTS LIKE "EYE, SKIN, OR LUNG IRRITANT" |

**Remove products with essential oils for 6 weeks*

For products that pass this evaluation, set aside and vet all the ingredients in the product. Simply, go to [EWG Skin Deep's website](https://www.ewg.org/skin-deep/) and search by ingredient. The ingredients are rated 1-10 with 1 being the safest to 10 being the most toxic. Look no more once you come to an ingredient with a rating of 3 or more. Products kept in the home should have all ingredients rated a 1 or 2.

Note: People trying to heal inflammatory conditions or chronic illness should also avoid products used on the skin with the following ingredients even though they are rated a 1 or 2 on EWG Skin Deep; citric acid, sodium benzoate, potassium sorbate and phenoxyethanol.

Disposal: Read the label for proper disposal instructions and plug in your zip code to [Earth911.com](https://www.earth911.com/) for a hazardous waste site near you.

A NOTE FROM OUR FOUNDERS

"We are exposed to laundry chemicals all day, everyday so it's impossible to smell how strong they are until you get a break from them. Once you see how effective non-toxic, fragrance-free laundry products can be, you'll be hooked! And remember... a truly fresh and clean 'smell' should actually be no smell at all!"

Removing Toxic Fragrance

Removing fragrance from your lifestyle can be a tough habit to break as it may involve rewiring of the brain, breaking from a physical dependence, a shift in perspective, or a redefinition of what we think of as “clean”. It’s so worth it! The simple act of fragrance removal is rich with the opportunities and possibilities that better mental, emotional, and physical health can bring.

Use the checklists below to identify and remove fragrance from your home.

Where to Toss The Toxins

DRAWERS	ATTACHED GARAGE	MUDROOM
CABINETS	CLOSETS	DINING ROOM
BATHROOMS	KITCHEN	ENTRYWAY
CLOSETS	BEDROOMS	HALLWAYS
ATTIC/STORAGE ROOMS	LIVING ROOM	DESK

Products to Gather

SCENTED CANDLES	SCRATCH & SNIFF BOOKS
CLEANING PRODUCTS	SCENTED SCHOOL SUPPLIES
DRYER SHEETS	CHILDREN’S PLAY MAKEUP
AIR FRESHENERS	SCENTED PERSONAL CARE PRODUCTS
POTPOURRI	SKINCARE - Moisturizers, serums, cleansers
FRAGRANCE SPRAYS	HAIRCARE - Hairspray, shampoo, conditioner, etc.
PERFUME	LOTION
TRASH BAGS	BODY WASH
TOILET PAPER	ESSENTIALS OILS *
DIAPERS	PERSONAL HYGIENE PRODUCTS
TOYS	

**We recommend removing all essential oils for at least 6 weeks and then reintroducing only those that are verified organic or wildcrafted and processed without solvents. We have seen the quickest healing occur when going completely-fragrance free, and this allows for the opportunity to see how your body responds to essential oils.*

A NOTE FROM OUR FOUNDERS

“Fragrance is everywhere today, and unfortunately, there’s an incredible amount of greenwashing that makes fragrance products sound healthier and more natural than they are. We want you to experience what going completely fragrance-free can do for your health!”

Removing Toxic Personal Care Products

Do your body some good! Products put on the body impact us 24/7. Our skin is our largest organ and absorbs a percentage of whatever chemicals we put on it. Let's ensure the products you put on your body are free of harmful chemicals.

Use the checklists below to identify and remove toxic personal care products:

Where to Toss The Toxins

BATHROOMS

DRAWERS

CABINETS

CLOSETS

BEDROOMS

Start in your bathrooms and gather all the personal care products you're currently using, as well as any stored in the backs of cabinets and drawers.

Products to Gather

COLOGNES/PERFUMES/BODY SPRAYS

HAIR PRODUCTS

SUNSCREENS

DEODORANTS

NAIL PRODUCTS

OLD HALF-USED BOTTLES

BATH PRODUCTS

SKINCARE PRODUCTS

PRODUCT SAMPLES

Toxic Red Flags: Beware of Greenwashing!

✗ **ANTIBACTERIAL** - May indicate the product has an EPA registered pesticide. The CDC states that these products are no more effective than non-antibacterial soap and water.

✗ **PARABENS** - A classification of hormone disrupting chemicals that is used to extend a product's shelf life

✗ **FRAGRANCE OR PARFUM** - Allergens, asthmagens, carcinogens, neurotoxins, obesogens, hormone disruptors

For products that pass this evaluation, set aside and vet all the ingredients in the product. Simply, go to [EWG Skin Deep's website](#) and search by ingredient. The ingredients are rated 1-10 with 1 being the safest to 10 being the most toxic. Look no more once you come to an ingredient with a rating of 3 or more. Products kept in the home should have all ingredients rated a 1 or 2.

Note: People trying to heal inflammatory conditions or chronic illness should also avoid products used on the skin with the following ingredients even though they are rated a 1 or 2 on EWG Skin Deep; citric acid, sodium benzoate, potassium sorbate and phenoxyethanol.

A NOTE FROM OUR FOUNDERS

"Thankfully, the 'clean' skincare, makeup, etc. category has grown rapidly over the past few years so it's easier than ever to find safe personal care products you'll love!"

Removing Toxic Plastics

Unlike the previous categories we have tossed, it is not practical and not even possible to toss all plastic products. Thankfully, there is plenty you can do to reduce your own exposure to plastic... and help the environment!

Use the checklists below to identify and remove toxic plastics from your home.

Products to Gather: Common Sources of BPA - Hard Plastics

#7 PLASTIC WATER BOTTLES

HARD PLASTIC FOOD STORAGE CONTAINERS

PLASTIC APPLIANCES - Such as a blender

PLASTIC COFFEE MAKERS - One of the biggest offenders!

PLASTIC FOOD PROCESSORS

CANNED FOODS

TOILET PAPER

PLASTIC SIPPY CUPS

FEMININE HYGIENE PRODUCTS

THERMAL PAPER - Reduce exposure as much as possible, you won't be able to avoid 100% and that's okay!

POLYESTER CLOTHING WITH SPANDEX

DUST! - Achieved by regularly dusting and cleaning the home

Products to Gather: Common Sources of Phthalates - Soft Plastics

PLASTIC WATER BOTTLES

PLASTIC FOOD STORAGE CONTAINERS - Source section for more details

PLASTIC FOOD WRAPS

NON-ORGANIC / CONVENTIONAL FOODS

PLASTIC CUTTING BOARDS

VINYL FLOORING, WALLPAPER OR BLINDS

SCHOOL SUPPLIES

SOFT PLASTIC TOYS

AIR FRESHENERS AND PLUG-INS

COSMETICS AND PERSONAL CARE ITEMS

CAR INTERIORS

Reminders: The six factors that accelerate the interaction between plastics and whatever it's in contact with are: time, heat, friction, contact with acidic foods, contact with oily foods, and damaged plastic.

Regular HEPA vacuuming is your best friend when it comes to reducing your exposure to unavoidable plastics in your home.

A NOTE FROM OUR FOUNDERS

"Once you start tossing plastics from your life, it will become like second nature not to gravitate towards these items. It's a big shift to begin with, and then it gets very easy! You'll find you waste less when buying more quality items, as plastics tend to deteriorate or break over time."

Removing Toxins From Your Water

Unfortunately, it's up to us to protect ourselves from toxins in water. You can take proactive steps to remove them from your personal water supply!

Follow the steps below to remove toxins from your home's water supply.

Common Toxins Found in Water

CHLORINE	FLUORIDE FROM FLUORIDATION	PFAS (FOREVER CHEMICALS)
CHLORAMINES	PHARMACEUTICAL DRUGS	PESTICIDES
LEAD	PERCHLORATE	RADIOACTIVE MATERIAL
HEAVY METALS		

How to Toss The Toxins in Your Water

The **ideal action plan** is to consult with a water specialist that will analyze your water tests and determine the optimal filter system you need. Or, you can do it yourself! Here's how:

STEP 1

Identify what chemicals you are dealing with. To find out how your water is treated, call your public water utility and ask if it is treated with chloramines, chlorine or both. You can also check the free annual water report that's available on request or sent annually to homeowners.

If you have well water, there's a test called Water Check by National Testing Laboratories that provides an extensive test of your water and a finished report, which gives what's detected, the levels detected and safe levels.

Water Check National Laboratories 1-800-458-3330

STEP 2

Research which home water filtration equipment will remove the specific toxins in your water. Based on your water purification needs and budget, select what type of filtration is best for you. There are whole house options that connect to the main water line to supply the house water for drinking, bathing and showering, as well as under the counter at the sink options for drinking water only.

We have a handful of filtration systems under the Suggested Products section of this course.

A NOTE FROM OUR FOUNDERS

"This category can be overwhelming - we agree! But there are plenty of water filters on the market to meet every budget and need possible. Take some time to figure out what you need, and in the meantime just be sure to buy your drinking water in glass!"

Removing Toxins From Your Food

A micronutrient rich diet filled with organic, whole foods gives you energy and the nutrients your body needs to deal with environmental exposures and keeps you strong and healthy.

Use the checklists below to identify and remove harmful chemicals from your food.

Where to Toss The Toxins

FRIDGE	PANTRY	BAKING GOODS	OILS
FREEZER	CABINETS	SALT, HERBS AND SPICES	COFFEE

Categories to Toss

CONVENTIONAL PRODUCE - Eating organic is one of the smartest things you can do!

GMOS (GENETICALLY MODIFIED ORGANISMS)

REFINED SUGAR

REFINED OILS

EXCITOTOXINS

ARTIFICIAL INGREDIENTS/FOOD ADDITIVES

REFINED SALT

MEAT AND DAIRY TREATED WITH HORMONES AND/OR ANTIBIOTICS

Note: See Resources section of this video in our course for articles that list the above harmful chemicals to look for.

Tips on Maintaining a Healthy, Whole Foods Diet

- ✓ **PLAN YOUR MEALS WISELY**
- ✓ **SHOP PRICE CLUBS THAT CATER TO ORGANIC, REAL FOOD**
- ✓ **BUY DIRECT FROM LOCAL FARMERS**
- ✓ **BUY ORGANIC, GRASS-FED, GRASS-FINISHED PASTURE-RAISED BEEF**
- ✓ **BUY ORGANIC, PASTURE-RAISED EGGS**
- ✓ **BUY 100% ORGANIC WHENEVER POSSIBLE**
- ✓ **GROW SOME OF YOUR OWN FOOD & HERBS (WHEN POSSIBLE)**
- ✓ **USE OUR FOOD STORAGE TRICKS TO REDUCE WASTE**
 - Store food in jars.
 - Line your crispers with cotton towels to absorb moisture and prevent veggies from spoiling.
 - Store onions and potatoes in paper bags to prevent sprouting.
 - Store raw nuts and nut flours in the fridge or freezer to prevent spoilage.
 - Store fresh herbs upright in water, like flowers, to keep them from getting slimy.
 - Freeze soups, smoothie ingredients, fruits, vegetables and more for easy meals.
 - Keep citrus in the fridge.
 - Revitalize limp veggies, like lettuce, celery, and carrots, by placing them in cold water.

A NOTE FROM OUR FOUNDERS

"There will be times you cannot control what is in your food or a meal prepared for you and that's okay! Our bodies are resilient and strong. But... we can try our best in our own homes!"

Removing Toxic Emotions

Our thoughts and emotions directly affect our physical health. When we focus our mindset on our healing opportunity, we can see a healthy way forward. A hopeful perspective can automatically improve blood quality, boost immune function, improve digestion, alter gene expression, and more.

Stress, on the other hand, from toxic thinking or unresolved trauma in our past can actually be the most harmful toxin we face – even worse than chemical exposure. Stress management and detoxifying the mind, especially if you are ill, is a tool for unlocking the body's innate healing power.

The following are three simple and free tools that have been shown to help release stored negative emotions and rewire the brain to create new, healthy thought patterns.

1

Gratitude Journal

Write in a gratitude journal daily for two weeks. Studies have shown this resulted in more positive moods, optimism about the future, and better sleep.

WEEK 1

WEEK 2

MON TUE WED THU FRI SAT SUN

MON TUE WED THU FRI SAT SUN

2

Expressive Writing

This is an incredibly valuable healing tool that can be life-changing. Significant improvements in health have been seen in as little as four days of daily practice. Steps for the most effective expressive writing:

- ✓ Set your intention (e.g., *I want to express my deepest thoughts and feelings*)
- ✓ Pour your feelings out on the page. Don't hold back your true feelings
- ✓ Start by writing about the most upsetting experiences of your entire life that you can recall or address a stressful event from the day.
- ✓ Write by hand with pen and paper, not on the computer.
- ✓ Write continuously for 15 to 20 minutes.
- ✓ Write very fast. Do not sit and think of what you are going to say and do not worry about spelling, punctuation or neatness. You may not be able to read it, that's okay.
- ✓ Activate your senses when you write. Expressive writing has been found to be more effective when senses are engaged. For example, play background music like specific theta brain wave music or classical music such as Mozart. Google or YouTube have many options for free music.
- ✓ Throw away/tear up when finished.
- ✓ Drink water at the end to hydrate the body for detoxification on the physical level. Unleashing stored emotional toxicity can cause a physical release of toxicity as well.

Relaxation Response

This technique is medicine for those who suffer from adrenal exhaustion and extreme stress or chronic illness.

Practice the following very simple relaxation response two times a day for 10 minutes. It is best performed on an empty stomach in the a.m. before breakfast and before the evening meal in the afternoon. It is still helpful if you can only do it once a day (especially in the morning).

- ✓ Sit quietly in a chair with the back straight in a comfortable position.
- ✓ Close your eyes.
- ✓ As much as you can deeply relax your muscles, beginning at your feet and progressing up to your face. Keep them relaxed as much as possible.
- ✓ Breathe through your nose. Become aware of your breathing. As you breathe in and out, focus on your breathing silently in your mind to yourself. Breathe easily and naturally.
- ✓ Continue for 10 minutes.
- ✓ When you finish, sit quietly for several minutes, at first with your eyes closed and later with your eyes opened.
- ✓ Do not stand up for a few minutes.
- ✓ Do not worry about whether you are successful in achieving a deep level of relaxation or the relaxation response. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and return to the focus on the breath. With practice, the relaxation response should come with little effort. Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes interfere with the elicitation of the Relaxation Response.

Note: As you work through releasing negative emotions and stored trauma, you may consider getting extra support such as from a counselor, church or support group.

A NOTE FROM OUR FOUNDERS

Removing harmful chemicals from our products and food often clears the way for us to address our true thoughts and emotional patterns. While it's not as easy as simply putting things in a box, we've seen many times how a shift in perspective and addressing toxic thinking has been the missing piece in the healing process.

Congratulations on Tossing the Toxins!

We hope this experience has been rejuvenating and helpful in creating a truly healthy home and body. Take a moment to reflect on your transformative journey with the questions below.

Reflect on your overall well-being now compared to when you began. How would you describe it?

Revisit the specific areas you aimed to improve before Tossing the Toxins. Which of these areas have shown improvement, and in what ways?

What was the most challenging category or item to remove and why do you think that is?

We encourage you to sustain a non-toxic lifestyle moving forward! Share your plans for prioritizing healthier living in your daily life and mention any resources or tools you'll rely on (community, blogs, etc.).

Remember to glance back at the prompts you answered at the beginning of this journey and take note of any significant differences or impactful changes that have occurred. You should be SO proud of taking steps to create a healthier home for you and your family!

“Two roads diverged in a wood, and I -
I took the one less traveled by,
And that has made all the difference.”

— ROBERT FROST

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